

ABSTRACT

The object of the present invention is to provide an agent and food and drink, which have an action of suppressing excessive appetite and promoting basal metabolism and are useful for improvement and/or prevention of obesity and enhancement of the effect of kinesitherapy. The present invention provides an agent and food and drink for suppression of appetite, promotion of basal metabolism, improvement and/or prevention of obesity, or enhancement of the effect of kinesitherapy, which comprises, as an active ingredient, a mixture of cyclic and/or straight chain poly lactic acids having a condensation degree of 3 to 19.